


Monday	Tuesday	Wednesday	Thursday	Friday
Apple Juice 2 Pepper Steak Brown Rice Fresh Cucumber Salad Diced Peaches Dinner Roll	Split Pea Soup 3 Turkey & American Cheese Rye Bread Lettuce & Tomato Pickled Beets Fresh Orange	Pineapple Juice 4 Ham & Swiss Cheese Sub Roll, Italian Dressing Lettuce & Tomato Potato Salad Cole Slaw Fruit Cocktail	Orange Juice 5 Cottage Cheese Cold Plate with Peach & Pear Slices Pineapple Rings Tomato Slices & Lettuce Whole Hard Boiled Egg	Pineapple Juice 6 Salisbury Steak w/gravy Caribbean Blend Vegetables Brown Rice Pilaf Applesauce Wheat Bread
Orange Sections 9 BBQ Chicken Breast Baked Beans Fresh Spinach Ranch Dressing Fruit Cocktail Dinner Roll	Grape Juice 10 Sweet & Sour Meatballs Brown Rice Fresh Grape Tomatoes Apricots Wheat Bread	Apple Juice 11 Beef Burgundy Brown Rice Mixed Vegetables Pineapple Tidbits Biscuit	Fresh Melon 12 ½ Rotisserie Style Chicken Mashed Potatoes w/Gravy Glazed Baby Whole Carrots Cole Slaw Dinner Roll Brownie	Fresh Tossed Salad 13 Low Fat Ranch Dressing Spaghetti with Meat Balls Parmesan Cheese Green Beans Rye Bread Red Apple
Pineapple Juice 16 Thai Curry Chicken Breast Rice Peas & Carrots Wheat Roll Fresh Apple	Smoked Turkey & Cheddar 17 Sandwich on Wheat Bread Lettuce & Tomato , Amish White Navy Bean Salad Fresh Baby Spinach with Ranch Dressing Hot Spiced Pears	18 Urbana Picnic Urbana Regional Park		Cranberry Juice 19 Hot Grilled Diced Chicken with Sesame Noodles Sliced Cucumbers Wheat Bread Pineapple Tidbits
Pineapple Juice 23 Chicken Teriyaki Nuggets Collard Greens Brown Rice Fruit Cocktail Wheat Bread	Grape Juice 24 Baked Potato Tossed Salad with Low Fat Ranch Dressing Chili con Carne Shredded Cheddar Cheese Applesauce	Pineapple Juice 25 Split Pea Soup ¼ lb Beef Hot Dog on Roll Fresh Cole Slaw Bean Corn & Grape Tomato Salad Tropical Fruit	Cranberry Juice 26 Turkey Sliced / Gravy Scalloped Potatoes Au Gratin Fresh Spinach with Ranch Dressing Fruit Cocktail	Fruit Punch 27 Salsa Baked Chicken Breast Sour Cream Garnish Green Beans Mexican Rice Tropical Fruit Flour Tortilla
Tomato Juice 30 BBQ Pork Loin Barley Mushroom Pilaf Baby Whole Carrots Wheat Bread Apricots	<div>  <p>Please call the senior center coordinator or meal manager 48 hours in advance to reserve a meal.</p> </div>			

~Menus subject to change~

~Milk is served with every meal~